

1) What are your current symptoms and health history?

- Feelings in head, like a pressure or as if filled with lead or a tight band or whatever. (I searched this out using onibas.com and found a lot of people describing it.)
- Not eating sulfur foods lately has helped
- depression, anxiety, etc.
- allergies, EI/chemical sensitivities, and now electro-sensitivity
- colitis, irritable bowel, etc., which often seems connected to arthritic symptoms (when diet is restricted to about three "safe" things, it usually keeps all these under control)
- attention deficit
- obsessive-compulsive stuff

HEALTH HISTORY:

- tonsils removed, age 10
- had 43 uterine fibroids removed at age 45

2) Dental history (wisdom teeth removed? First root canal placed? Braces? First amalgam etc...)

First amalgams at some young age like 5 or 6

Braces for a couple years, age 14-15

Wisdom teeth removed (4) about age 19

During period of ages 18-35 I got LOTS of amalgams, and then started to need crowns at about age 26 or so. Got lots of those ("gold" or PFM [stainless steel], and over amalgam in most cases), plus a metal bridge. First root canal placed about age 28. First root canal tooth rotted out (it held up one end of the bridge) and was yanked out at about age 35. Another root canal was placed (with amalgam in the root) at about age 42.

5 months ago I had a crown break and got it replaced - it was palladium. Then I had a rapid onset of inflammation-related health problems, and finally I connected them to the crown and had it removed.

3) What dental work do you currently have in place? What part of the dental cleanup have you completed?

I have not had any cleanup yet, to my frustration.

I have 6 metal crowns -- one of the crowns is that root canal with amalgam in the root and, two exposed stubs. I have one onlay of some kind, and some veneer stuff bonded onto front teeth, and some white fillings of some kind.

4) What dentistry did your mother have at any time before or during pregnancy?

Don't know. Probably amalgams though.

5) What vaccinations have you had and when (including flu and especially travel shots)?

Huh. Can't remember, as I haven't had any in so long. Never get flu shots. Must have had some travel shots...

6) Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken.

Well. Supplements I have taken in past few months, regularly: Vitamin C, average 10 g per day, sometimes nothing. Calcium/Mag Citrate powder probly 750 mg Ca to 50% Mag., some days nothing., Pantothenic acid, 300-500 mg per day. Glucosamine HCl, abt. 1500 mg. Enzymes: Neprinol 5 caps, Serralone 3 caps, Zymactive 5 caps (helped with the inflammations). Other than that, probly about 50% of the time I would take some B-complex (B-25 or B-75) and vitamin K, and a multi-mineral tablet (Country Life Total Mins, Iron-Free: 60-120mcg chromium, 25-50 mcg molybdenum, 250-500 mg mag., 7-15 mg zinc, 50-100mcg selenium, 50-100 mg potassium, 50-1,000 mg Ca, 250-500 mg phosphorus, 1/2 - 1 mg copper and manganese, and some other stuff). Lecithin granules, a few spoonfuls. Occasional CoQ10,

300 mg. Vitamin A 25k, Vit. D 4k, both from fish oil -- I stopped that a couple of months ago and now I take dry E and A from Beta Carotene. Before I discovered that I seem to be better off without sulfur, I was taking MSM, milk thistle, Quercetin , rutin, bilberry, and green tea extract (not sure if they have sulfur or not), taking tons of turmeric and ginger, eating lots of garlic, cabbage, broccoli, green vegetables, eggs, yogurt, plus sardines. During the previous several years I took large doses of ALA and RLA at random times. I was about to start chlorella before I found these yahoo groups. I tried NDF (1/2 drop) but got intestinal problems immediately. NCD seemed easier (I got up to 5 drops I think) but finally I had the same problem with that.